



# Public Health

Seattle & King County

HEALTHY PEOPLE. HEALTHY COMMUNITIES.

## Nadiifinta mariinnada qashinka daata

Nadiifinta qashinka gudaha ku daata waa muhiim si dadka looga badbaadiyo – qaasatan carruurta yar – baktiiryada iyo fayruska dhibaatada leh. Nadiifinta waa in ay billaabataa sida ugu dhakhsiya badan si loo yareeyo halista ka imaan karta u dhawaashada qashinka.

### Tilmaamaha nadiifinta:

- Carruurta iyo xayawaanka yar ka fogee goobta illaa aad ka dhammeystirtid nadaafadda.
- Gasho galooiska iyo kabaha goommaha ka sameysan. Isticmaal waxyaabo aad indhahaaga ku badbaadiso.
- Kaddib marka aad nadaafadda dhammeysid, gacmahaaga si fiican u dhaq dharkana gooni u dhaq.
- Goobta ka dhaqaaji alaabta guriga, katiifadaha.
- Kaarbatyada darbi-ka-darbi gaara (iyo dhajiyaha hoosta kaga jira ) caadiyan si fiican looma nadiifin karo. Waa in la qaadaa, bac lagu wareejiyaa, lana geeyaa saldhig wareejin ama meelaha lagu daadiyo qashinka cusbitaallada. Haddii aad go'aansato in aad haysato kaarbedka, waxaad lacag kula heshiisaa shirkad kaarbadka nadiifisa si ay dhaqaan oo una nadiifiyaan kaarbadka.
- Dhammaan meelaha adagi, sida bacda dhulka saaran, alwaaxda dhulka la dhigo, shubka, alwaaxda la farsameeyey, alwaaxda, alaabta birta ka sameysan, iyo wixii la mid ah waa in si fiican loo nadiifiyaa iyadoo la isticmaalayo biyo kulu iyo oomo (oomada saxuunta lagu dhaqo), kaddibna lagu dhaqaa hal gaallan biyo lagu qasay qaado warakiino aan caraflahay. Kaddibna dusha ha ka qalasho.
- Kuraasta iyo alaabta dharku uu ku tolan yahay, kadiifadaha qaadma, teendhooyinka, iyo wixii la mid ah waa in la geeyaa goobo ku takhasusay nadiifintooda. Dhibaatada la socodsii nadiifiyaha.
- Ka qaad oo beddel balasterka (plaster), alwaaxa balasterka ka sameysan (plasterboard), iyo saqafyada qoymey oo jilcan goorta la taabto. Haddii ay dusha sare ka qooyan tahay, u nadiifi sida aad u nadiifin lahayd meelaha adag, balse ha qoynin balastarka (plaster.)

### Environmental Health Services Division

999 Third Avenue, Suite 700 • Seattle, WA 98104-4039

T (206) 205-4394 F (206) 296-0189 • [www.metrokc.gov/health](http://www.metrokc.gov/health)



City of Seattle  
Gregory J. Nickels, Mayor



King County  
Ron Sims, Executive

- Nadiifi barkadaha, mashiinnada saxuunta lagu dhaqo, iyo dhuumanka xirma adigoo oomo isticmaalaya, kaddibna ku dhaq biyaha warankiinada leh.
- Alaabta guriga lagu nadiifiyo sida jawaannada, xaaqinnada iyo buraashyada ku dhaq biyaha warakiinada leh.
- Ka hortag halaabidda alaabta urtana uga hortag adigoo dabeysa u fura – fur dhammaan daaqadaha iyo albaabada. Istimkaalka faanska dabeysa dhaliya iyo kulayliso ayaa dedejin kara haws ha.
- Waad nadiifin kartaa cunnada gasacadaysan ee nadiifka ah:
  1. Calaamadaha ka fuji
  2. Ku dhaq burashka wax lagu xoqo iyo biyo oomo leh (isticmaal gasacyada aad dhaqday sida ugu dhaqsiyo badan maadaama ay daxalladaysanayaan)
  3. Biyo nadiif ah ku dhaq
  4. Nadiifi adigoo:
    - Istimkaalaya biyo aad karkarisa 10 daqiqadood. (Ha karkarin gasacyada cabitaanka uu ku jiro), ama,
    - Dhixgeliya gasacyada muddo 15 daqiqadood weel ay ku jiraan biyaha warakiinada leh
  5. Ku calaamee adigoo isticmaalaya calaameeyaha ama qalimada loogu talagalay
- Daadi
  - Cunnada daboolan
  - Cunnada aqalka lagu daboolay
  - Cunnada lagu daboolay warqadaha
  - Cunnada aan daboolka lahayn sida faakihaadka (faruutka), bataatiga, khudradda